

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

MARCH/APRIL 2016



6th Annual
SENIOR PROM 2016

\$8.00
PER PERSON

*Sentimental
Journey*

Liz Holmes
Retro Swing Band

**Friday,
April 8, 2016**

12:00 to 2:30 p.m.

*Ken Miller
Recreation Center
3341 Torrance Blvd,
Torrance*

*Tickets on sale NOW!
Bartlett Center
310/320-5918*

www.Recreation/TorranceCA.Gov

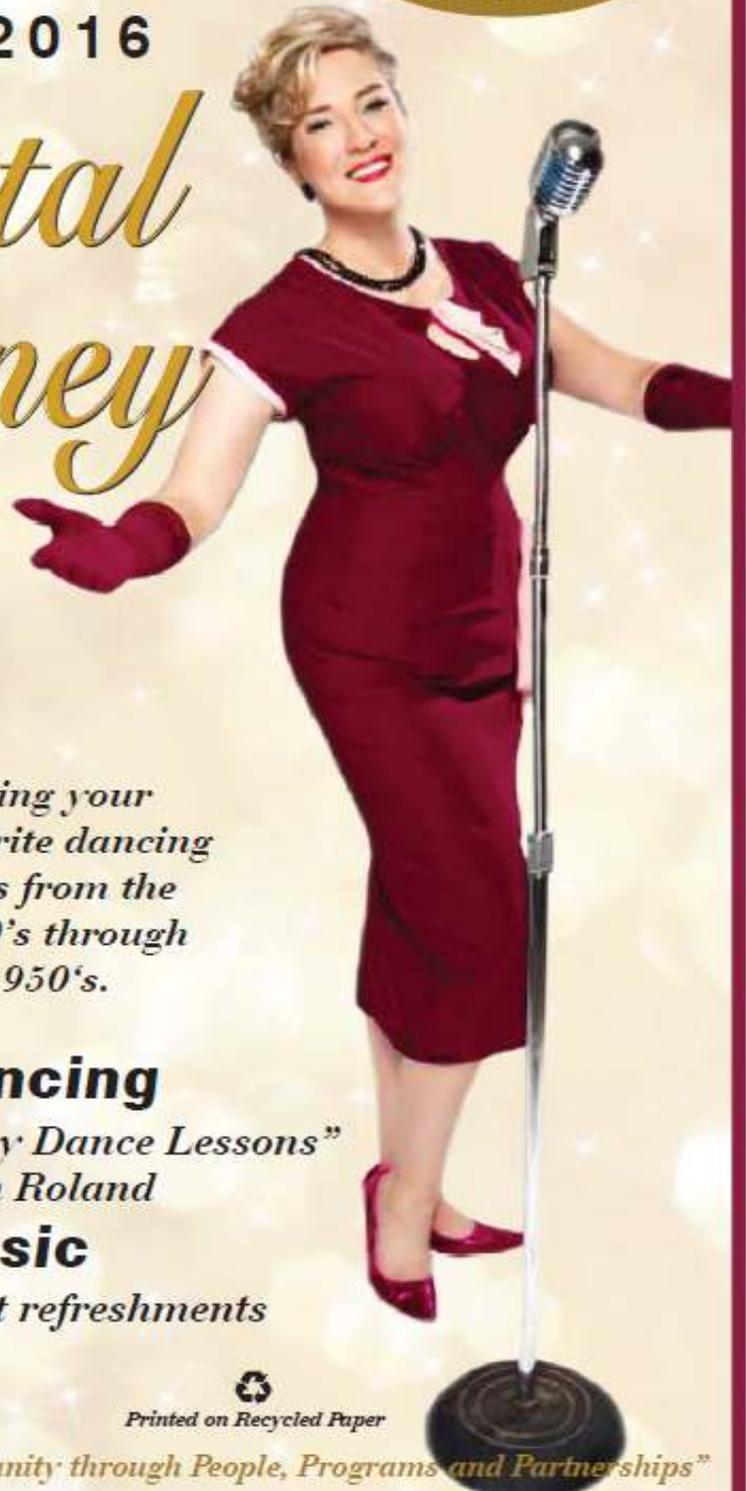
*Playing your
favorite dancing
tunes from the
1920's through
the 1950's.*

Dancing

*"Easy Dance Lessons"
with Roland*

Music

Light refreshments



Printed on Recycled Paper



"Creating and Enriching the Community through People, Programs and Partnerships"

CITY OF TORRANCE COMMUNITY SERVICES DEPARTMENT • RECREATION DIVISION



Torrance Travelers

On the go again!

Please join us for the following SPRING 2016 excursions designed for those 50 years of age and over:

Thursday, April 21, 2016

Huntington Library and Gardens

Lunch at the *Yard House*

Torrance resident fee: \$107.00

Non-resident fee: \$122.00



Thursday, May 19, 2016

Those Were the Days:

The Spirit and Songs of the 60's

Lunch at the *Pomona Valley Mining Company Restaurant*

Torrance resident fee: \$85.00

Non-resident fee: \$95.00

Wednesday, June 29, 2016

Knotts Berry Farm:

Pathways to the Past

Lunch at *Claim Jumper*

Torrance resident fee: \$81.00

Non-resident fee: \$91.00



New Tours!



Register for SPRING 2016 excursions on:

Friday, March 11, 2016

9:00 to 11:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Payment may be made by check or credit card only!

Sorry, we cannot accept cash.

Please make checks payable to the *City of Torrance*.

For openings after March 11, 2016 or for cancellations, please call 310/618-2720.

For tour information, please call our Tour Information line at 310/618-2468.

5 - 0 and on the go!

If you have not renewed your membership, this will be your last issue of the *5 - 0 and on the go! Newsletter!*

For just \$5.00 a year you can become a member of the *5 - 0 and on the go! Association* (for anyone aged 50+). Just come to any Senior Center to sign-up in person (be sure to check the *5 - 0 and on the go! Newsletter* for hours of operation) or make a check payable to the City of Torrance, and mail to:

5-0 and on the go!, 1318 Cravens Avenue, Torrance, CA 90501

Memberships are renewable each January. Please enclose a self-addressed, stamped envelope for the return of your membership card!

PLEASE DON'T FORGET TO RENEW YOUR ASSOCIATION DUES!



TEHACHAPI TREK

SOLD OUT! CALL 310/618-2720 for wait list!

Wednesday, March 30, 2016

LEAVES FROM WILSON PARK at 7:30 a.m.

RETURNS at approximately 7:00 p.m.

Torrance resident fee: \$90.00

Non-resident fee: \$100.00



We'll begin our tour with a visit to the *Adorable Alpacas Ranch* in Tehachapi where we'll be taken on a guided tour of this boutique, eco-conscious ranch that specializes in building elite Alpaca herds and exquisite fiber for spinning and knitting. We'll enjoy the picturesque views of *Tehachapi's Cummings Valley* while we discover more about a working Alpaca ranch, spinning fiber into yarn, and the personalities of Alpacas. Then it's off to a wonderful luncheon at the *Apple Shed Restaurant*. We'll each have our choice of the Apple Shed's Famous Turkey Pot Pie; Turkey, Apple, Bacon, and Avocado Sandwich; or All You Can Eat Salad Bar. After lunch we'll be joined by a step-on guide who will give us a tour of the *Tehachapi Loop* and downtown Tehachapi including eight large murals. These historical murals not only beautify the downtown area, but also showcase the rich history of the Tehachapi Valley. Then we're off to visit the *Tehachapi Depot Railroad Museum!* The Southern Pacific No. 23 Depot has been fully restored and is now operated as a museum. We'll be given a guided tour and we'll have free time afterwards to browse the gift shop and the surrounding area.

HUNTINGTON LIBRARY and GARDENS

Thursday, April 21, 2016

LEAVES FROM WILSON PARK at 10:30 a.m.

RETURNS at approximately 6:00 p.m.

Torrance resident fee: \$107.00

Non-resident fee: \$122.00



The Huntington is an oasis of art and culture set amidst 150 acres of breathtaking gardens. The Gallery contains the most comprehensive collection of British 18th and 19th century art outside of London. And the outside is just as pretty! The gardens are enormous; 130 acres with 14,000 varieties of trees and plants. It is home to the largest public collection of camellias and azaleas in the world, and the Rose Garden with more than 1,200 varieties. While we're there, we'll take a one-hour guided walking tour of the estate. We'll learn how Henry and Arabella Huntington turned their San Marino ranch into this world famous cultural landmark. After the tour, the remainder of the afternoon is at our leisure to explore the collections and gardens on our own. We'll have lunch at the *Yard House in Pasadena* where we'll each have our choice of Korean Beef Taco Plate; Chicken Penne Pasta; BBQ Bacon & Cheddar Burger; Blackened Chicken Torta; or Ahi Crunchy Salad. All entrees include beverage and dessert.

THOSE WERE THE DAYS:

The Spirit and Songs of the 60's



Thursday, May 19, 2016

LEAVES FROM WILSON PARK at 11:00 a.m.

RETURNS at approximately 4:00 p.m.

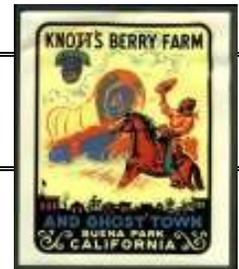
Torrance resident fee: \$85.00

Non-resident fee: \$95.00

Join us for a day filled with music at the *Pomona Valley Mining Company Restaurant* in Pomona! *Those Were the Days*, starring **William Florian** of *The New Christy Minstrels*, is an upbeat musical journey of America's greatest folk and pop of the 60's. The show features hit songs of The New Christy Minstrels, Peter Paul & Mary, Pete Seeger, The Mamas & The Papas, John Denver, and more! For lunch we'll have our choice of Lemon Chicken or Roast Beef, served Chef's choice of sides, dessert, and beverage.

KNOTT'S BERRY FARM:

Pathways to the Past



Wednesday, June 29, 2016

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 3:30 p.m.

Torrance resident fee: \$81.00

Non-resident fee: \$91.00

Let's take a drive to *Knott's Berry Farm* where we'll take a two-hour guided tour recalling the Old West and the Knott family heritage. We'll take a walk through Ghost Town, pay a visit to the blacksmith, peek inside the schoolhouse, and see some restored train cars from 1881 and 1883. We'll also have an opportunity to take a ride on the train and see a musical revue in the Calico Saloon. We'll have plenty of time to look around the *Knott's Marketplace*. After our tour we'll have lunch at the *Claim Jumper*. We'll each have our choice of Cashew Chicken Salad Sandwich; Simply Grilled Chicken Breast; Black Tie Chicken Pasta; Citrus Chicken Salad; Country Fried Steak; or Widow Maker Burger.

17th Annual SENIOR FAIRE

Celebrating *Older Americans' Month:*

Blaze a Trail!

Saturday, May 14, 2016

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

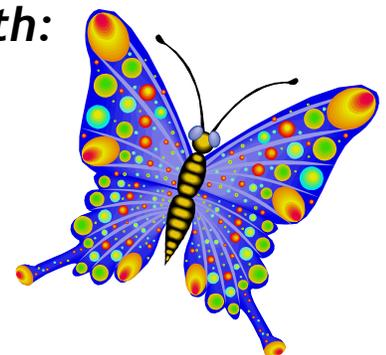
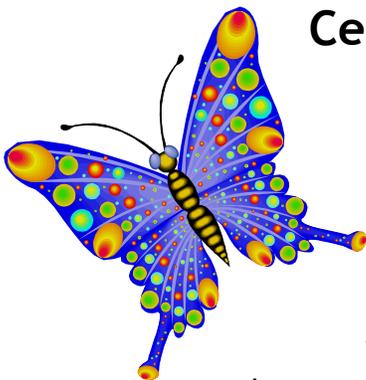
3341 Torrance Blvd., Torrance

Arts and Crafts * Entertainment * Food Booths

Health Information * Blood Pressure Screenings

Community Resource Information

(Crafts Vendors: please call the Bartlett Center at 310/320-5918 for more information and registration forms!)



CALENDAR OF EVENTS

March 1 10:00 a.m. – 12 noon	<i>Seniors Don't Be Scammed!</i> "Current Trends on Scamming Seniors"	Katy Geissert Civic Library Meeting Room
March 11 9:00 – 11:00 a.m.	 <i>Torrance Travelers Tours Registration</i>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
April 8, 2016 12:00 noon – 2:30 p.m.	<i>6th Annual Senior Prom</i> "Sentimental Journey" <small>Tickets are on sale now at Bartlett Center!</small>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
May 14 9:30 a.m. – 2:30 p.m.	<i>17th Annual Senior Faire</i> "Blaze a Trail!"	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
May 21 1:30 – 3:30 p.m.	<i>57th Annual Armed Forces Day Parade</i>	Along Torrance Blvd. between Crenshaw Blvd. and Madrona Ave.

HERMA TILLIM SENIOR CITIZENS CENTER

3612 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday ☺ 9:00 a.m. to 4:00 p.m.

The Tillim Center will be re-opening in March. Please call 310/ 320-5918 for the opening date!



TUESDAY	9:00 a.m. - 4:00 p.m. 9:30 - 11:30 a.m.	BRIDGE AND TABLE GAMES TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month.
WEDNESDAY	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
1st WEDNESDAY of the MONTH	12:30 - 4:00 p.m.	 MOVIE MATINEE
THURSDAY	9:00 a.m. - 4:00 p.m. 12:30 - 4:00 p.m.	CENTER IS OPEN BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center!

First Wednesday of Each Month at 12:30 p.m.

March 2, 2016: *The Guilt Trip*

Rated PG-13 for language and some risqué material.

FEATURING: Barbra Streisand, Seth Rogen, and Adam Scott

April 6, 2016: *The Wake of the Red Witch*

Rated PG

FEATURING: John Wayne, Gail Russell, and Gig Young

Movie for May: *And So It Goes*



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$59.00/Term (1/6/16 - 3/25/16) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$59.00/Term (1/6/16 - 3/25/16) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:00 a.m.-3:00 p.m.	Beadwork Workshop
	12:00 noon	Crochet and Knitting Workshop 
THURSDAY	9:00 a.m.	Ceramics Workshop
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required
	12:30 p.m.	Thursday Afternoon at the Movies
FRIDAY	8:05-9:35 a.m. 	“Fitness Difference for Seniors” Fee: \$59.00/Term (1/6/16 - 3/25/16) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30-11:30 a.m.	Open Crafts Workshop
	12:30-2:30 p.m.	Seniors Open Discussion Group
SATURDAY	9:00 a.m.	Cards and assorted table games are played
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group 
	12:30 p.m.	Saturday Afternoon at the Movies
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in!

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.

Free computer training is available by appointment on Monday afternoons.

Please call 310/320-5918 for more information or to make an appointment.



Free Computer Training at the Bartlett Center

Discover that using a computer is easy!

Monday Afternoons by Appointment

For more information, contact the Bartlett Center at 310/320-5918



Torrance Loving Care "TLG" Tuesdays

First Tuesdays ~ 9:30 - 11:30 a.m. Tillim Senior Center 310/329-1889

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.

THURSDAY AND SATURDAY MATINEES!

FREE MOVIES AND POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



March 3 & 5



Get Smart

Rated PG-13 for some rude humor,
action violence, and language.

Steve Carell
Ann Hathaway
Dwayne Johnson

March 10 and 12

Saving Mr. Banks

Rated PG-13 for some thematic elements
including some unsettling images.

Tom Hanks
Emma Thompson
Colin Farrell

March 17 and 19

The Guilt Trip

Rated PG-13 for language
and some risqué material.

Barbra Streisand
Seth Rogen
Adam Scott

March 24 and 26

Now You See Me



Rated Pg-13 for language, some
action, and sexual content.

Morgan Freeman
Isla Fisher
Mark Ruffalo

March 31
April 2

Wake of the Red Witch

Not Rated

John Wayne
Gail Russell
Gig Young

April 7 and 9

The Magic Flute

Not Rated

Joseph Kaiser
Amy Carson
René Pape



April 14 and 16



Philomena

Rated PG-13 for some strong
language, thematic elements,
and sexual references.

Judi Dench
Steve Coogan
Sophie Kennedy

April 21 and 23

Divergent

Rated PG-13 for intense violence
and action, thematic elements
and some sensuality.

Shailene Woodley
Kate Winslet
Theo James

April 28 and 30

Rear Window

Rated PG



James Stewart
Grace Kelly
Raymond Burr

**SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!**



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Fun, fun, fun! How about a game of *Hand and Foot*? It's a lively, straightforward card game that's easy to learn! We'll even teach how to play! Please join us any Thursday and bring a friend! We have a friendly group of Pinochle players and you can jump right into the game! Drop in any Monday or Thursday afternoon!

FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Intermediate Cardio Salsa* 9:25 - 10:55 a.m.

Fee: \$45.00/Semester (winter term 1/8/16 - 3/25/16)

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Cardio Salsa * 11:05 a.m. - 12:35 p.m.

Fee: \$45.00/Semester (winter term 1/8/16 - 3/25/16)

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689) and the City of Torrance Community Services Department.



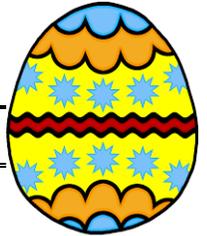
SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 to 11:00 a.m.

Upcoming general meetings are March 4 and April 1, 2016

If you are a senior and would enjoy getting out for a morning of "pitch and putt" competition and good fellowship, come on out and see what we have to offer!



☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.

For more information, call 310/320-1300 or 310/320-5918

